

### Abstract

A reduced friction coupling which interconnects a lower, supporting member and an upper, supported member of a concrete forming apparatus to reduce the force required to lower the height of the forming apparatus under load on the members by a formed concrete structure. Two or more polymeric washers are received about the supporting member between a threaded nut which is used for adjusting the height of the forming apparatus and the supported member. The polymeric washers reduce by a surprising amount the force required to retract the nut under load. Washers of molybdenum disulphide filled nylon can support up to 10,000 pounds per square inch and reduce the force required to retract the nut by at least sixty percent under such a load compared to the force required if a single steel washer is used.